



Fact File

27th April – 1st May, 2009

| Parsnips | Courgette | Raspberries |
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| Nutritional Information: | | |
| Vitamin C Carbohydrate Fibre Beta carotene Potassium Good source of folate | Rich source of Potassium Vitamin E Vitamin C Folic Acid | Excellent source of Vitamin C Iron Soluble Fibre Calcium Potassium Magnesium |
| Health Benefits: | | |
| The potassium in parsnips can help reduce blood pressure. They also have diuretic, detoxifying and cleansing attributes. The starchy carbohydrate in parsnips is great for replenishing energy in active children. | Courgettes have various beneficial effects on the body: a great anti-inflammatory, laxative and their high water content means they are great for detoxing and diuretic action. The potassium & vitamin E help counteract the negative effect of free radicals on the body. | 100g of raspberries provides 75% of the UK RDA of vitamin C. They contain a good blend of vitamins & minerals beneficial to those suffering heart problems, fatigue or depression. This makes them a perfect food for a poorly child – or for children suffering from low spirits or tiredness. |
| Ways to incorporate the food into a healthy diet: | | |
| Slice thinly and roast parsnips with other root vegetables with a drizzle of olive oil and your favorite herbs. (for healthy chips) Simmer chunks of parsnips, then puree and add your favorite broth for a simple soup. Add parsnip chunks to all your stews for interesting taste and texture. Boil with potatoes and mash. | The best way to take advantage of these nutrients is to eat the courgette raw. Slice thinly and let children sandwich them together with cheese, hommous or tomato. Grate carrot, courgette and add sultanas as a tasty finger food or to add to wraps. | Add whole raspberries to sugar free jelly. Puree them and blend with orange juice and freeze to make healthy ice lollies. Add raspberries with other fruits and berries in a fruit salad or simple fruit crumble. |